SECTION D

PHYSICAL ACTIVITY

HIGHER LEVEL

D

PHYSICAL ACTIVITY

KEY CONCEPTS

1. Being physically active every day promotes heart health.
2. There are many ways to be physically active.

OBJECTIVES

1. Learners will understand the importance of regular physical activity in preventing heart disease.
2. Learners will understand that moderate levels of physical activity such as house or yard work, and walking can have health benefits.
3. Learners will identify ways they can incorporate more physical activity into their day.

MATERIALS

Handout: VOCABULARY

Activities:

- TYPES OF PHYSICAL ACTIVITY
- PHYSICAL ACTIVITY INTERVIEW
- FIND IDEAS FOR BEING ACTIVE
- BLIZZARD
- CROSS CANADA ACTIVE LIVING BREAK
- HI— MY NAME IS JOE
- KOKOMO (CASSETTE TAPE PLAYER NEEDED)
- MY BODY LIES OVER THE SOFA" (WITH OVERHEAD)
- MUSICAL SUGGESTIONS
- WALKING BREAK

Overhead: BENEFITS OF REGULAR PHYSICAL ACTIVITY

SUGGESTED LESSON OUTLINE

1. Warm-ups. Do one of the activities in Suggested Activities section – e.g. Blizzard, Hi – My Name Is Joe, My Body Lies Over the Sofa.
2. Review vocabulary definitions.
3. Discuss “What is Physical Activity and Active Living”.
4. Do "Types of Physical Activity".
5. Discuss “Moderate Physical Activity”.
6. Discuss the “Benefits of Regular Physical Activity”.
7. Discuss “Ways to be More Active Every Day”.
8. Do "Physical Activity Interview".
9. Do any of the optional activities.

1. Warm Up

2. Vocabulary Definitions

3. What is Physical Activity?

- Brainstorm with group. Write their answers on the board/flipchart.
- **Physical activity is what we do to be active**.
- In physical activity, the most recent trend is toward the concept of ACTIVE LIVING.

Active living:

- Is a way of life in which physical activity is a part of daily living at home and at work.
- Is for everyone and allows individuals to participate in activities according to their own needs, interests and abilities.
- Is easy, convenient and enjoyable.
- Includes a wide range of physical activities such as house or yard work, work-related tasks, walking, sports, planned exercise or gardening.

Therefore, in this unit, the goal is to encourage those who are not active to be more active and to show learners how to incorporate more physical activity into their day.

4. Activity "Types of Physical Activity"

5. Moderate Physical Activity

- Review group's answers on "Types of Physical Activity".
- **Explain:** When we think of physical activity, we often think of things like running, swimming, playing sports. However, you can benefit from doing moderate intensity physical activity such as walking, gardening and housework, if these things are done regularly.
- Physical activity doesn't have to take a lot of time. Even doing 10 minutes of moderate intensity activity (as above) 3 times a day can be as effective as doing a full 30 minutes of the same activity in one day.
- If you aren't doing anything right now, start small. For example, getting off the bus one stop earlier and walking home, taking the stairs instead of the elevator.

We should aim for at least 30 minutes of moderate intensity physical activity such as brisk walking, stair climbing, gardening, cycling and swimming most days of the week, preferably daily. This 30 minutes doesn't have to be done all at once. It can be an activity for 10 minutes, three times a day. There are three types of activities that you need to do to keep your body healthy: endurance, flexibility and strength. For example: running for 30 minutes builds endurance, yoga and stretching exercises improve flexibility, and lifting weights builds strength. The longer we spend doing an activity, the greater the health benefits. *

**Adapted from Handbook for Canada's Physical Activity Guide to Healthy Active Living. (1998) Health Canada.*

6. Benefits of Regular Physical Activity

Ask: What are the benefits of regular physical activity?
(Have learners give answers. Add to their list.)
(Overhead – Benefits of Regular Physical Activity)

- Regular physical activity helps us keep a healthy body.
- It lowers cholesterol and blood pressure levels.
- It tones the heart (which is a muscle).
- It gives us more energy to do daily activities and to take on more activities.
- It helps us feel better about ourselves.

7. Ways to be more active every day

Ask: What kinds of things can we do to be more active every day?
(Have learners give answers - write on board.)

- Take the stairs instead of the elevator.
- Take a walk after dinner.
- Get off the bus one stop earlier and walk home.
- Try skating or swimming.
- Put on your favourite tape and dance.

Give out small pledge cards to learners. Have them write down one thing they will do to be more active this week. Follow-up one week later. Encourage them to continue and to build on what they have done (i.e. increase the amount of time they spend doing an activity or try something new).

Emphasize to learners that they should speak to their doctor before beginning any exercise program if they have never done one before or if they have any health problems (e.g. shortness of breath on exertion).

8. Activity: Physical Activity Interview

9. Optional Activities

1. Have learners organize a walking break for other ESL classes in your building.
2. Using magazines, have learners make collages showing different kinds of activities people can do to be active.
3. Have learners phone their local fitness centre and ask about their activities or about the mall walking program at their local mall. (See resources section for a list of locations and phone numbers.)
   (a) Have learners locate a community centre or mall that is closest to them on a map.
   (b) Brainstorm with learners the questions they would ask. (i.e. What information do you need?)
4. Arrange a tour of a local community centre.
5. Plan the following class trips:
   - Walk in a nearby park – perhaps in different seasons (e.g. fall colours).
   - Walking trails in the City of Toronto.

For more information and resources, see **Additional Resources** section.

Vocabulary

benefit (n.) - something that is good for you

blood pressure (n.) - the force of the blood pushing against the blood vessel walls
- it its represented by two numbers e.g. 120/80

cholesterol (n.) - type of fat found in food and made in the body

cross-country skiing (n.) - type of winter sport

cycling (n.) - travelling on a bicycle

daily (adj.) - every day

elevator (n.) - a lift used in buildings (e.g. apartment) to get from one floor to another

gardening (n.) - planting and caring for flowers, fruits and vegetables

housework (n.) - activities that keep our houses clean and tidy inside e.g. vacuuming, sweeping, washing floors

mowing the lawn (n.) - cutting the grass

physical activity (n.) - any activity that keeps the body moving

regular (n.) - usual e.g. every day, every week, every month, every year

Vocabulary

running/jogging (n.) - moving quickly on foot

shoveling snow (n.) - moving snow with a shovel

skating (n.) - type of winter sport

sports (n.) - activities that people do for fun and competition
e.g. running, soccer, football, cricket, tennis, swimming

stretch (v.) - reach out, extend (e.g. arms)

swimming (n.) - physical activity in water

walking (n.) - moving on foot

yard work (n.) - activities that keep our yards tidy
e.g. raking, digging, cutting the grass

A TYPES OF PHYSICAL ACTIVITY

Put a checkmark ✓ beside those things you consider physical activity.

cutting the grass _____

yard work _____

housework _____

running _____

walking _____

watching T.V. _____

taking the stairs _____

taking the elevator _____

cycling/biking _____

shoveling snow _____

A TYPES OF PHYSICAL ACTIVITY ANSWER SHEET

Put a checkmark ✓ beside those things you consider physical activity.

cutting the grass ✓

yard work ✓

housework ✓

running ✓

walking ✓

watching T.V. _____

taking the stairs ✓

taking the elevator _____

cycling/biking ✓

shoveling snow ✓

PHYSICAL ACTIVITY INTERVIEW

Ask 2 people about the kinds of physical activity they do.

BEGIN WITH: *"Hello. What is your name? Can you spell it for me? What country are you from?"*

NAME: COUNTRY:		
Are you more active in Canada or in your home country?		
What activities did you do in your home country to be active?		
Do you exercise? If yes, how often?		
Do you walk every day? If yes, for how long?		
Do you like to play sports? If yes, which sports?		
What other activities do you do to be active?		
What other activities could you do to be more active?		

FIND IDEAS FOR BEING ACTIVE

Look at the puzzle below. Search for the words in the list and circle them. The words go either across or down.

WALK / PLAY / SPORTS / CYCLE / DANCE / HOUSEWORK / RUN / YOGA / GARDEN / EXERCISE / SWIM / STRETCH / SKIP / MOVE / TAI CHI / SKATE

B	A	N	M	O	V	E	A	N	A	Y	F	T	J	B	M
R	M	L	G	J	D	H	M	S	P	O	R	T	S	O	R
L	N	Z	Q	H	L	K	O	W	M	G	G	N	K	C	H
N	G	D	R	A	P	P	E	I	T	A	C	W	A	L	K
P	L	A	Y	U	P	P	C	M	R	N	N	P	T	M	R
M	D	N	Y	O	S	T	G	C	P	E	F	H	E	J	P
C	Y	C	L	E	F	A	A	G	B	G	L	M	R	T	G
F	S	E	U	X	E	R	R	S	P	R	C	A	B	A	C
O	M	B	U	E	T	W	D	R	J	U	T	S	K	I	P
N	S	T	J	R	N	W	E	M	R	N	G	T	N	C	C
J	T	S	Q	C	A	G	N	S	E	L	P	R	P	H	A
H	C	B	U	I	W	A	N	O	J	T	S	E	N	I	Q
Z	E	P	E	S	R	C	S	K	H	F	C	T	H	N	M
H	O	U	S	E	W	O	R	K	O	R	G	C	N	S	A
C	N	U	U	G	L	N	H	C	A	H	T	H	N	A	M

A

FIND IDEAS FOR BEING ACTIVE ANSWER SHEET

Look at the puzzle below. Search for the words in the list and circle them. The words go either across or down.

WALK / PLAY / SPORTS / CYCLE / DANCE / HOUSEWORK / RUN / YOGA / GARDEN / EXERCISE / SWIM / STRETCH / SKIP / MOVE / TAI CHI / SKATE

B	A	N	M	O	V	E	A	N	A	Y	F	T	J	B	M
R	M	L	G	J	D	H	M	S	P	O	R	T	S	O	R
L	N	Z	Q	H	L	K	O	W	M	G	G	N	K	C	H
N	G	D	R	A	P	P	E	I	T	A	C	W	A	L	K
P	L	A	Y	U	P	P	C	M	R	N	N	P	T	M	R
M	D	N	Y	O	S	T	G	C	P	E	F	H	E	J	P
C	Y	C	L	E	F	A	A	G	B	G	L	M	R	T	G
F	S	E	U	X	E	R	R	S	P	R	C	A	B	A	C
O	M	B	U	E	T	W	D	R	J	U	T	S	K	I	P
N	S	T	J	R	N	W	E	M	R	N	G	T	N	C	C
J	T	S	Q	C	A	G	N	S	E	L	P	R	P	H	A
H	C	B	U	I	W	A	N	O	J	T	S	E	N	I	Q
Z	E	P	E	S	R	C	S	K	H	F	C	T	H	N	M
H	O	U	S	E	W	O	R	K	O	R	G	C	N	S	A
C	N	U	U	G	L	N	H	C	A	H	T	H	N	A	M

BLIZZARD

REQUIRES:

- A good supply of soft items that can be thrown safely (e.g. balloons, streamers, sponges, pieces of foam, crinkled up paper, etc.).
- Enough open space to allow for some movement. You need enough space for the class to divide into 2 lines facing each other, with about 6 feet of open space between the 2 lines.

INSTRUCTIONS:

- Divide your space into two halves. Clearly indicate a dividing line. Divide the group into two halves and assign to opposite sides of the dividing line. Approximately half of the throwing items should be on each side. The object of the game is to have as many items OFF your own side as possible.
- At the word “Go”, participants begin throwing items to the other side without crossing the dividing line. The larger the space you are using, the more movement is involved.
- After 90 seconds, call “Stop”, count the items to determine the most successful team and then repeat the activity.

CROSS CANADA ACTIVE LIVING BREAK

REQUIRES:

- One or two people to lead the activity.
- Space to stand and do limited movements.

INSTRUCTIONS:

- The leader reads the narrative (see next page) out loud to the group while performing the actions written in the brackets or using a second leader to perform those actions. The group copies the actions.
- For this fitbreak, ask for voluntary leaders from the group and encourage them to be enthusiastic.
- This fit break would work well with some music in the background (optional).

CROSS CANADA ACTIVE LIVING BREAK

Start off at the East coast and work our way across Canada...

1. We're out in the boat, looking around for the Coast Guard.
   We haul out the nets... *(pull nets)*
   We haul in the nets... *(pull nets)*
   We unload the catch in the boxes. *(unpack boxes)*

2. We change into our swim suits, and swim to Prince Edward Island. *(swimming motions with arms)*

3. Then we change back into our clothes and dig out some potatoes. *(dig)*

4. After that, we hop across the strait on the ferry to Nova Scotia. *(hop on one foot)*

5. We reach the Annapolis Valley where we pick apples and do some more fishing. *(pick apples from a tree)*

6. Then we leave Digby Sound and paddle the surf board up the Bay of Fundy to New Brunswick and surf into Saint John. *(paddle)*

7. It's getting cold so we put on our long underwear and walk across the border to Quebec. We skate and cross country ski into Ottawa. *(glide feet)*

8. There, we skate the Rideau Canal. Then we change our clothes into spring time clothes. *(glide some more)*

9. We swat the black flies and mosquitoes and then jump into the lake to avoid the bugs. We climb into the canoe, paddle across the lakes of Northern Ontario. Then we cycle into Winnipeg along the Trans Canada Highway. *(paddle a canoe)*

CROSS CANADA ACTIVE LIVING BREAK

Start off at the East coast and work our way across Canada...

10. There, we cut down some trees to make a snowmobile trail and take a break to play some golf. (The Province of Manitoba has the highest number of golf courses per capita in Canada!) *(swing a golf club)*

11. The drive on the 18th hold takes us into Saskatchewan where we start to run. We run through the fields of wheat right through Calgary into the foothills of Alberta where we hike the trails. *(run on the spot)*

12. The last trail takes us into the Northwest Territories and the Arctic games. We try the high kick event but all we can manage is the jumping up and down and touching the suspended ball with our head, and then with our hands. *(jump up and down)*

13. There are more bugs so we run from them into the Yukon where we hitchhike along the Alaskan Highway and then slide down the glaciers to British Columbia. *(walk on the spot)*

14. In British Columbia, we climb the mountains, swim to Vancouver Island and fish for salmon. We've reached the end of our trip so now we can relax in our lawn chair and enjoy the sun. *(climb a little and then sit down)*

HI – MY NAME IS JOE

REQUIRES:

- A leader to lead the group through the sequence.
- Space to stand and do limited movements.

INSTRUCTIONS: The leader takes the group through the following sequence. *(See further instructions below):*

Hi...*(group repeats) (one hand wave)*
My name is Joe...*(group repeats)*

- ➡ I work in a button factory...*(group repeats)*
- ➡ I have a wife and a dog and a family...*(group repeats)*
- ➡ One day, my boss came up to me...*(group repeats)*
- ➡ He said, "Hey Joe are you busy?"...*(group repeats)*
- ➡ I said, "No"...*(group repeats)*
- ➡ He said, "Here, push this button"...*(group repeats) (push one finger forward)*

Repeat entire refrain, faster, adding second hand to push button, then one foot, then second foot. **On last repetition, instead of "I said , NO" substitute "I said, YES".**

Source: Nancy Dubois, Health Promotion & Planning Consultant. Used with permission.

KOKOMO

REQUIRES:

- A tape recorder and the song "Kokomo", by the Beach Boys.
- Space to stand and do limited movements.

INSTRUCTIONS: The group stands stationary or moves in a circle. Move through the sequence listed below, repeating each step 8-10 times, to the beat of the music. (In order to move smoothly from one action to the next, the leader should practice the sequence ahead of time with the music). Try to encourage the spirit of fun and liveliness that is such an important part of going on a vacation trip.

- Walk to the travel agent.
- Pay $ by extending alternate arms to front.
- Pack suitcase by reaching both arms in full circle out to sides, overhead and down in middle.
- Fly to Kokomo with arms extended at sides.
- Take off heavy clothes by starting with arms down by knees and then crossing wrists and arms as arms extend overhead as if undressing.
- Put on bathing suit by reversing above movement.
- Walk to the beach.
- Go for a swim - breast stroke to front; side stroke with right arm then left arm lead; back stroke.
- Relax a little and call for a waiter by extending one arm overhead and snapping fingers.
- Have a big tall glass of MILK by alternating arms in a bicep curl.
- Time to go home - repeat beginning with changing clothes, packing bags, flying home.

Source: Nancy Dubois, Health Promotion & Planning Consultant. Used with permission.

MY BODY LIES OVER THE SOFA

REQUIRES:

- Leader to explain and begin activity.
- Overhead projector (optional, since words can be written on chalkboard, chart paper, or distributed on normal paper).

INSTRUCTIONS: The words of "My Body Lies Over the Sofa" are sung to the tune of "My Bonnie Lies Over the Ocean". It is suggested that the verse be sung once or twice without the movements so that people can get accustomed to the words and melody.

Participants begin standing in front of their chairs. As soon as they sing a word that starts with a "B", they sit down. At the next "B" word, they stand, and so on. Thus, participants alternately sit and stand at the singing of each "B" word.

The verse can be sung a few times, as long as everybody is still having fun.

MY BODY LIES OVER THE SOFA

My Body Lies Over The Sofa

My Body Gets Too Much T.V.

My Body Is Soft as The Sofa

Oh Bring Back My Body to Me

Bring Back

Bring Back

Oh, Bring Back My Body to Me,

To Me!!

Bring Back

Bring Back

Oh, Bring Back My Body to Me

Source: The Ontario Physical and Health Education Association (OPHEA), 1220 Sheppard Avenue East, Willowdale, Ontario M2K 2X1 (416) 495-4314.

MUSICAL SUGGESTIONS

There are literally thousands of selections that may be used or adapted for fitbreaks. Remember to cater to the type of group you are working with. Music is great to play in the background, even for Fitbreaks that aren't necessarily musical. Just remember to become familiar with the selection yourself before using it in a Fitbreak situation!

Here are some musical suggestions to get you started:

- Several selections from early "Rock &Roll" (e.g. Wake Up Little Suzie by the Everly Brothers, At the Hop by Danny & The Juniors, The Loco-Motion by Little Eva, Baby Workout by Jackie Wilson, etc.).
- Several selections from the Beach Boys (e.g. I Get Around, Surfin' U.S.A. etc.).
- Several selections from the Beatles (e.g. Yellow Submarine, Penny Lane, Twist & Shout, etc.).
- Several selections from the "Sun Jammin" albums (#1, #2, #3 & more).
- Jive Bunny and the Master Mixers (their whole album).
- Hot Hot Hot by Buster Poindexter.
- Home on the Range.
- She'll Be Coming Round the Mountain.
- YMCA by the Village People.
- Boogie Woogie Dancin' Shoes by Claudia Barry.
- Saturday Night by the Bay City Rollers.
- Several selections by Ace of Base (e.g. I Saw the Sign, etc.).
- Move This by Technotronic.
- Electric Avenue by Eddy Grant.
- 5000 Miles by the Proclaimers.
- It Takes Two by MC Raw Base and DJ Ez Roc.
- What is Love? by Haddaway.

These musical selections can be obtained at most major music stores.

WALKING BREAK

PURPOSE: The WALKING BREAK is a fun, easy activity designed to encourage individuals at all activity levels to build active living into their workday.

DESCRIPTION: The WALKING BREAK is a three minute walk around set routes just before coffee break. It allows individuals a short time to re-energize. A draw with prizes for participation adds incentive.

STEPS IN IMPLEMENTING:

1. Determine walking route

- Choose two different routes that will allow everyone to participate at his/her own level of ability. If your building has stairs, one route may include going down the stairs, around the building and back up the stairs.
- Remember to check fire and safety regulations for using the stairwell (for example: are doors to stairs unlocked? Any alarms?).

2. Determine date and time

3. Promote event

- Make promotional flyers and post around your building.

4. Plan draw and incentives

- A draw adds incentive. Each time individuals complete the walk they put their name in for a draw. The winner is drawn before the end of the day.
- Refreshments are an excellent incentive. It is recommended that refreshments be offered e.g. a free cup of coffee after completing the walk. You may also choose to introduce healthy alternatives to coffee i.e. herbal tea and juice.

BENEFITS OF REGULAR PHYSICAL ACTIVITY

- Healthy body.
- Lowers cholesterol level.
- Lowers blood pressure.
- Tones the heart.
- More energy.
- Feel better about ourselves.

ADDITIONAL RESOURCES

COMMUNITY RESOURCES
(see next page)

"CANADA'S PHYSICAL ACTIVITY GUIDE"
Health Canada

"TORONTO WALKING RESOURCES"
Toronto Heart Health Partnership

"TORONTO PARKS & TRAILS"
City of Toronto

"WALKING: ACTIVITY OF A LIFETIME"
Active Ontario

"TORONTO WALKING CLUBS"
Toronto Heart Health Partnership

"ADDING LIFE TO YOUR YEARS"
Toronto Public Health

"ACTIVE LIVING HAS SOMETHING FOR EVERYONE"
Toronto Public Health

"STEP INTO ACTIVE LIVING"
Toronto Public Health

"WAYS TO KEEP YOUR BACK IN SHAPE"
Toronto Public Health

COMMUNITY RESOURCES

TORONTO HEALTH CONNECTION
416-338-7600
Website: www.toronto.ca/health

ACTIVE LIVING CANADA
1600 James Naismith Drive, Gloucester, ON K1B 5N4
613-748-5743
Website: www.activeliving.ca

HEART & STROKE FOUNDATION OF ONTARIO
1920 Yonge St., 4th Floor, Toronto, ON M4S 3E2
416-489-7111
Website: www.heartandstroke.ca

HIKE ONTARIO
1185 Eglinton Ave. East, #411, Toronto, ON M3C 3C6
416-426-7362
Website: www.hikeonatario.com

LUNG ASSOCIATION
365 Bloor St. East, Toronto, ON M4W 3L4
416-922-9400
Website: www.on.lung.ca

TORONTO PARKS AND RECREATION
Toronto City Hall,
8th Floor, 100 Queen St. West, Toronto, ON M5H 2N2
416-392-8186
Website: www.toronto.ca/parks